



Comedy frenzy

Trixx performs comedy act in the Sanctuary.
Page 17

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Volleyball's back!

Varsity team ready for first season since 1993.
Page 18

TUESDAY, OCTOBER 12, 2010

CONESTOGA COLLEGE KITCHENER, ONT.

WWW.CONESTOGA.CA SPOKE

42ND YEAR - NO. 19

CSI puts the toga in Conestoga

By ERIN FARRAR

Conestoga's Toga Party is legendary for being one of the most exciting Conestoga Students Inc. events of the year. This year's bash was no exception.

CSI sold all 250 tickets, resulting in a Sanctuary full of students sporting a variety of toga designs.

"For an event we've hosted for more than 10 years, the famous Toga Party, we were really happy with the turnout," said CSI president Sheena Sonser.

Complementing the different styles of togas were Greek- or Roman-inspired accessories including gold and silver bracelets or headbands, headpieces made out of leaves, gladiator sandals and even toy swords.

"I don't usually go to parties like toga or halloween pub nights, etc., but a friend of mine insisted on me going," said computer programming student Edgardo Vasquez. "I ended up going and had a blast."

The event was all-ages but students of age were able to purchase beer and mixed drinks from the Sanctuary's bar.

"I danced a lot and got to



PHOTO BY ERIN FARRAR

Conestoga students show off their creativity with their different toga styles at the Toga Party on Sept. 30. See Pages 8 and 9 for more photos.

meet new people and make new friends," said Vasquez. He added that one of the challenges was trying to keep his toga from falling off, a battle he lost by the end of the night.

DJ Flash and DJ Penny, a duo that CSI has worked with for over five years, filled the Sanctuary with a pumping mix of tunes that kept students dancing all night. The

DJs have also spent some time on Conestoga's radio station and love coming to school events.

This week CSI is hosting a green Jell-O eating contest in

the Sanctuary on Oct. 13 and the Oktoberfest college pub night at Queensmount Arena on Oct. 14. Tickets to Oktoberfest can be purchased at the CSI service desk.

Conestoga mourns death of student

By RYAN YOUNG

Conestoga College faculty, staff and students are mourning the loss of police foundations student Ben Pearson after he lost a weeklong battle for his life.

Pearson, 20, had began feeling sick in recent weeks. His father took him to Cambridge Memorial Hospital Sept. 27 to get checked for what they suspected was a minor virus. Doctors found that his brain was swelling and he had to be put into a coma. He was transported by ambulance the next day to University Hospital in London where he died Oct. 2 surrounded by his family and loved ones.

"Truly devastated," said first-year marketing student Brent Patchett about Pearson's death. "It just took me back. I was hoping he would pull through."

According to a Oct. 4 Waterloo Region Record story,



Pearson

the swelling was caused by Pearson's liver missing an enzyme to break down protein. Without the enzyme there is a buildup of ammonium in the liver that instead of being urinated out gets absorbed in the blood and attacks the brain.

Pearson, six-foot-two, 240-pounds, was on a high-protein diet consisting of shakes and power bars which likely played a major role in his death.

The big-bodied defenceman grew up playing Cambridge

minor hockey and played for the Cambridge Winterhawks and Kingston Frontenacs of the OHL. He played his last game on Sept. 24 for the Jr. C Norwich Merchants. The team planned to raise Pearson's No. 7 jersey to the rafters in a pre-game ceremony Oct. 8.

While Pearson will be remembered for his hockey accolades, his close friends will tell you he was also an MVP away from the rink. Over 50 friends travelled to London to visit him when he was in hospital.

Pearson leaves behind his parents, Steve and Robin, his brother Eric, 22, and his sister Amanda, 18. The funeral was held at Galt Arena Gardens in Cambridge on Oct. 7, the arena Pearson grew up playing the game in.

"The rink is where he'd be most comfortable," said Steve Pearson in an article in the Record. "My son lived and died hockey."

The spirit of giving

By KATHRYN SCHNARR

Do you know how many people are living under the poverty line in your neighbourhood? According to the Waterloo Regional Food Bank, over 47,000 people in our area are.

The food bank understands the importance of helping out, and is dedicated to helping those in need. Staff organizes various events to try and fill their cupboards, to help those in need. The next drive will take place at the KW Santa Claus parade on Nov. 20. Donations of non-perishable food items will be greatly appreciated.

"I usually attend the parades," said Mirko Bozic, an engineering student. "I usually donate a couple cans of food."

Since its launch in 1984, over 1.2 million kilograms of food have been donated to the food bank. Donations can

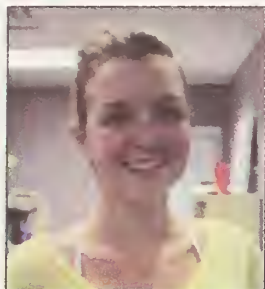
come via the food industry, local farmers and the community. Once donated the food is then taken to the food bank, where it is later distributed through hampers, meal programs and shelters.

"There is no simple solution to eliminating hunger and poverty," said Wendi Campbell on the website, www.food-bank.ca. "It is a journey that begins with providing a basic need - food - to keep people healthy today, tomorrow and next week so they can take the next step. It is a testament to this community's spirit that we have worked together for 25 years to help our neighbours with that journey."

For those unsure of what to donate, the food bank's homepage lists the 10 most needed items. It also offers tips on how to get involved, dates on upcoming events and current news. For further information go to www.thefoodbank.ca.

Now deep thoughts ... with Conestoga College

Random questions answered by random students
What is your guilty pleasure?



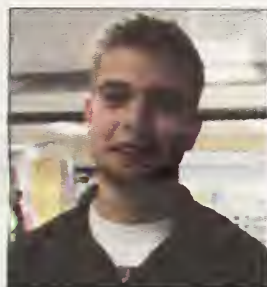
"MTV reality shows, like Teen Mom, Jersey Shore and the Hills."

Amanda Black,
first-year
public relations



"Blasting Justin Timberlake when no one else is home."

Spencer Mitchell,
second-year
law and security



"Poker lotto tickets, once a week."

Scott Campbell,
second-year
administrative marketing



"Gotta have my rice every day."

Alexander Trinh,
third-year
architecture-construction
engineering technology



"Shopping when I'm broke."

Alana Rusan,
second-year
law and security



"Family Channel, shows like Disney's Recess."

Tom Arnott,
second-year
law and security

Smile Conestoga, you could be our next respondent!



PHOTO BY JUDEE RICHARDSON-SCHOFIELD

Various knits in a variety of colours and sizes recently hugged the Main Street Bridge in Cambridge. Donations for the project were sent from all over the globe.

Cambridge bridge knits community together

By VICTORIA SPRACKLIN

Whether you called it art or graffiti, Sue Sturdy successfully covered the Main Street Bridge in Cambridge with 680 kilograms of yarn, and strengthened the ties of the community in the process.

"I know people say 'You must be proud of yourself over this' and I'm thinking well, yes, but I'm proud of all the people who have helped me," said Sturdy, artist-in-residence for The Cambridge Centre for the Arts. Donations came from all over the world, including Iqaluit, Texas, California and Australia, and, of course, from many Cambridge residents.

Now that the bridge's cosy sweater has been removed, the kilograms of yarn await a new fate.

"All of those people gave this in good faith and they expect it to go someplace," said Sturdy. "Even though it decorated the bridge and it was nice, to go on and to benefit other people eventually is even better."

The project began when Sturdy applied for a grant to

help fund the arts in Cambridge. After accomplishing that, as well as the title of artist-in-residence, she had a brilliant idea.

"I remember thinking I wanted to have a lot of people involved in a large piece of public art." All she asked was that knitters donated a piece of their work to be a part of history. Just a row or two, to place on the newly renovated bridge on Main Street. To help get the word out, she also started Knit Crossings, a project where baskets of yarn, knitting needles and instruction booklets were placed all over town. Anyone could pick it up, and contribute to the project. Word eventually got out to all ages, from ages four to 103.

After the use of 17,000 zip ties, the bridge was covered in beautiful knits in a variety of shapes, sizes and colours.

"The thing that (made) me feel so happy about this would be the fact that people (crossed) the bridge and would smile," said Sturdy. "And I think it's made people stop and look more. Even myself."

The artwork not only bright-

ened the days of numerous people, but reminded everyone of Cambridge's history. The town is known for its textile industry, which Sturdy became involved in back in her early days as a fashion design student.

Sturdy isn't done just yet, even though she steps down from her artist-in-residence role in November.

"I don't think it's something we can stop with because I think it touched a lot of people's lives (including those who volunteered and knitted)," she said, adding it was hard to imagine how the project would turn out.

"But when you saw it, it just looked wonderful."

If you are interested in helping complete the project, The Cambridge Centre for the Arts is asking for volunteers to take the pieces used on the bridge and refashion them as scarves for an upcoming fundraiser. Materials can be picked up on Saturday, Oct. 16 between 9 a.m. and 11:30 a.m. Contact Joanne Jones at 519-623-1206, mailbox 1 to pre-register. Information can also be found on the website, www.cambridgecentreforthearts.ca

LAST-DITCH EFFORT



©2008 John Kroes

www.1de-online.com

Respect workshop a success

About 30 students gathered to participate in the Respect, Reflect, Rethink! session

By NATHAN RIENSTRA

"Through this workshop we're going to really explore what are some of those challenges, experiences and perspectives that make people unique," said Student Life programmer Ryan Connell.

Connell, who is a graduate of the journalism print and broadcast program at Conestoga College, conducted the Respect, Reflect, Rethink! workshop held in the E-wing on Sept. 28. The workshop was held in connection with both the Connect series and the Respect Campaign at Conestoga College.

Approximately 30 students gathered, some out of particular interest toward the workshop's topic and some simply hoping to expand their social network.

"I signed up for the whole course as extracurricular activities to kind of meet more people and become involved in discussion," said

Kevin Laidman, a Conestoga student studying electrical engineering. "It's also good for learning."

Respect, Reflect, Rethink! was the fourth workshop held this semester and was one of seven workshops in the Connect series. It was designed to be a dynamic way for students to share their assumptions, knowledge, experience and perspectives. It also enforced that everybody has the opportunity to lead through their everyday actions.

The workshop began with an "icebreaker" activity and proceeded to talk a bit about the shared meaning behind various cultures, how to understand and avoid stereotypes by way of techniques such as gender-neutral language and how to approach disrespect when it comes up in everyday situations.

When the workshop neared its end, students were put into groups of three for a role-

play activity, in which they were given a difficult situation to act out and then solve as reasonably as possible. Students at the workshop found acting like a different person to be a good way to see things through others' perspectives.

"How you interact and the respect you have for others has an impact in terms of how you lead as an individual," said Connell. "It was a real neat idea of being able to take a little bit of our assumptions and being able to integrate them within the series. To address it as a workshop in itself was really nice."

The next workshops, titled Participate, Motivate, Inspire! and Connect Today, Create Tomorrow!, will take place on Oct. 20 from 5 to 7 p.m. Students can drop by the Student Life Centre information desk located on the second floor of the Student Life Centre, near Door 3, for information on room locations.



PHOTO BY NATHAN RIENSTRA

Ryan Connell, Student Life programmer, stands next to the workshop schedule after conducting a Respect, Reflect, Rethink! workshop at Conestoga College on Sept. 28.

So SEXY It's SCARY!



30 King St. E
Kitchener
519-593-2303

10 Manitou Dr., Unit #5
Kitchener
519-895-1228

7 King St. N
Waterloo
519-886-4500

561 Hespeler Rd.
Cambridge
519-624-9492

23 Wellington St. E
Guelph
519.780.2490

STAGSHOP.COM



Cigarillos banned for a reason

BY CASSIE BOURGEOIS

Tobacco companies are dodging federal legislation that prevents them from importing flavoured cigarettes. The law, which came into effect in July, was meant to help with the problem of kids smoking, because cigarettes flavoured like vanilla or peaches would be more appealing to them.

The law set in place specifications to define what would be banned. These specifications include any product that weighs 1.4 grams or less and uses a cigarette filter.

Tobacco companies made the cigarillos a little heavier and removed the filters, thereby bypassing the law, while making them even worse for your health.

Regardless of whether or not these flavoured cigarettes are targeted to youth, the legislation was put in place for a reason. Anything that makes the use of these highly unhealthy products more pleasant and easier to smoke is not beneficial to children or adults.

According to an Oct. 1 article on the Waterloo Region Record's website, before the law was passed flavoured cigarillos were sold at convenience stores in coloured plastic cylinders on the counter. Not only do they taste like candy, they were even sold in similar containers to candy.

Now the cigarillos are sold in packs of 10 or 20. Like regular cigarettes they do carry a health warning, but only on the back of the pack rather than both front and back. A dangerous yet candy-like product such as this needs twice as many health warnings, not half.

Proponents say cigarillo smokers smoke them only for the flavour, holding the smoke in their mouths rather than inhaling. Perhaps the minimal health warnings and the fun flavours convince users the smoke from cigarillos isn't as bad as "real cigarettes."

It is understandable that tobacco companies want to make money just like everyone else. The main difference is that everyone else doesn't prosper from making others sick. Tobacco companies must respect laws put in place to protect the health of Canadians, and, if they must be in business at all, stick to the bad-tasting world of cigars and cigarettes.

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer

than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 299

Doon Valley Dr.,
Room 1C30, Kitchener, Ont.,
N2G 4M4



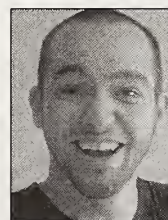
I can't stand Jersey Shore

Until recently, I had never bothered to watch Jersey Shore, nor any other reality show for that matter in any similarity or likeness (i.e. Laguna Beach, The Hills, etc.). I could never understand why someone would think I would give a damn about what "The Situation's" plans were tonight, or why "Snooki" decided on this particular Friday night not to wear any underwear.

Frankly, to some degree, it sickens me. These people are famous for the sole reason that the public decided to watch their shows, thus keeping them in the lime-light. Why? No really, why? First of all, you can't say they're good actors, because they're not, they're just being themselves. That brings me to my next point. If they are just being themselves, then they're terrible people.

Prior to being forced to watch the show by a female counterpart, I thought to myself, "No, it can't be that bad." I was right, sort of. It was worse.

I think I counted on at least 10 separate occasions one of the males on the show checking himself in the mir-



Thomas Parent
Opinion

ror, all the while talking to someone else! In real life, we call this narcissism, the embodiment of selfish vanity. The girls have absolutely no respect for themselves nor anyone else for that matter, constantly talking about smushing (a.k.a. sex), who they've smushed and when they're going to smush next. Look, I like a good smush just like anyone else, but for this I hold no respect.

The last episode I watched/was dragged through, two of the main female characters (Angela and Snooki) literally fought each other, hair grabbing and slapping included. Is this what we, as the cold, tired and huddled masses, have decided is entertainment? I think I missed that memo.

I could go on all day about every last detail of why this show is the epitome of selfishness, greed and egotism,

but I won't. I simply wish to express my disgust, at not only the characters on the show, but for the fledgling masses of fans who tune in every week to support this sideshow. I'm not quite sure who's worse, them or you.

Watch any television show you want. Just don't come to me all bubbly and sparkling telling me you want a tan just like them, or that you think Snooki looks good with that (godawful) haircut, thinking I will have the slightest interest. I'm just not going to care.

And now, my top three favourite Jersey Shore quotes:

"I went to the doctor. He told me you gotta stop drinking, stop doing drugs and stop havin' sex. Ya know what I did? I switched (expletive) doctors!"

"You need to be on your tip-top game with your GTL to stay FTD to get the girls to DTF in MIA ..."

"I am all natural. I have real boobs. I have a nice fat ass. Look at this (expletive), I mean, come on, I'm hot."

Now do you see where I'm coming from?

SPOKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF CONESTOGA COLLEGE

Editor: Ashley Idle

Advertising Managers: Lisa Olsen and Brittney Belanger

Spoke Online Editors: Paul Irvine, Erin Farrar, Courtney Nixon, Jessica-Lynn Tabak, Nathan Rienstra and Jonathan Charles

Production Managers: Laura Bennett, Sara Busse, Brandon Reoch, Cassandra Bourgeois and Ryan Young

Photo Editors: Emily Gerrett, Kathryn Schnarr, Victoria Spracklin, Gerry Upton, Rob Conte and Thomas Parent

Circulation Manager: Mandy Liverance

Faculty Supervisor and Adviser: Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 1C30,

Kitchener, Ontario, N2G 4M4.

Phone: 519-748-5220, ext. 3691, 3692, 3693, 3694

Fax: 519-748-3534

Email: spoke@conestogac.on.ca

Website: www.conestogac.on.ca/spoke

United Way sets \$50,000 goal

By PAUL IRVINE

Conestoga College's United Way campaign organizers have set a goal of \$50,000 this year.

The kickoff event, called the United Way Day awareness event, took place in the Student Life Centre at the Doon campus on Oct. 6, and featured appearances by United Way-supported agencies such as the Canadian Mental Health Association.

The event is an opportunity to give information to students about what the United Way does for the Kitchener/Waterloo community.

"When people donate they want to see where in the community that donation is going," said Ryan Connell, a Student Life programmer at the college, "United Way Day is an opportunity to learn that."

Conestoga holds various fundraising events throughout October and until Nov. 5. The Employee Pledge Drive launches on Oct. 12, which will include the online Bingo for Baskets fundraiser returning from last year.

The Student Life department will be hosting Campus Learning fundraisers at Doon campus from Oct. 25 to Nov. 5. Programs participating include human services foundations and business foundation which use the fundraising month to showcase their organizational skills in a practical manner. The business foundation fundraiser will be held from Oct. 26 to 27 in the Student Life Centre. The human services foundation fundrais-

ers will be held on Nov. 3 to 5, also in the Student Life Centre. Finally, the United Way Student Committee fundraisers will be held on Oct. 25 and Nov. 2.

"Human services foundations has four divisions," said Allan Richard, 30, a student in that program, "I work with sponsorship. We make a huge presentation on what the United Way is about."

Conestoga Students Inc. president Sheena Sonser said that the United Way is "a good cause that supports our community." She added that she hopes students will support it in turn. CSI has not decided on the specific form their fundraising will take.

The United Way is a charity and community impact organization that works to improve several regional priority policy areas, including seeing to it that children and youth reach their potential, families are strong, neighbourhoods are inclusive and thriving, that newcomers feel welcomed and supported, and seeing that people are economically secure.

Neil Martis, 25, a post-graduate student in computer applications has been volunteering for the United Way since he worked for IBM's Bombay division. "I wanted to give something back to my community," he said.

Chartwells, the company responsible for providing food on campus, will be holding a United Way luncheon fundraiser at Doon on Oct. 13. A meal consisting of roast beef, mashed potatoes, gravy and harvest vegetables will be sold for \$6.99.



PHOTO BY PAUL IRVINE

Members of the Conestoga College United Way volunteer committee hold up their jars full of change during a short break in the United Way Day activities on Oct. 6.



Respect matters in our hallways.

We think about those around us and ensure the hallways are accessible for everyone.

Thank You for Being the Difference

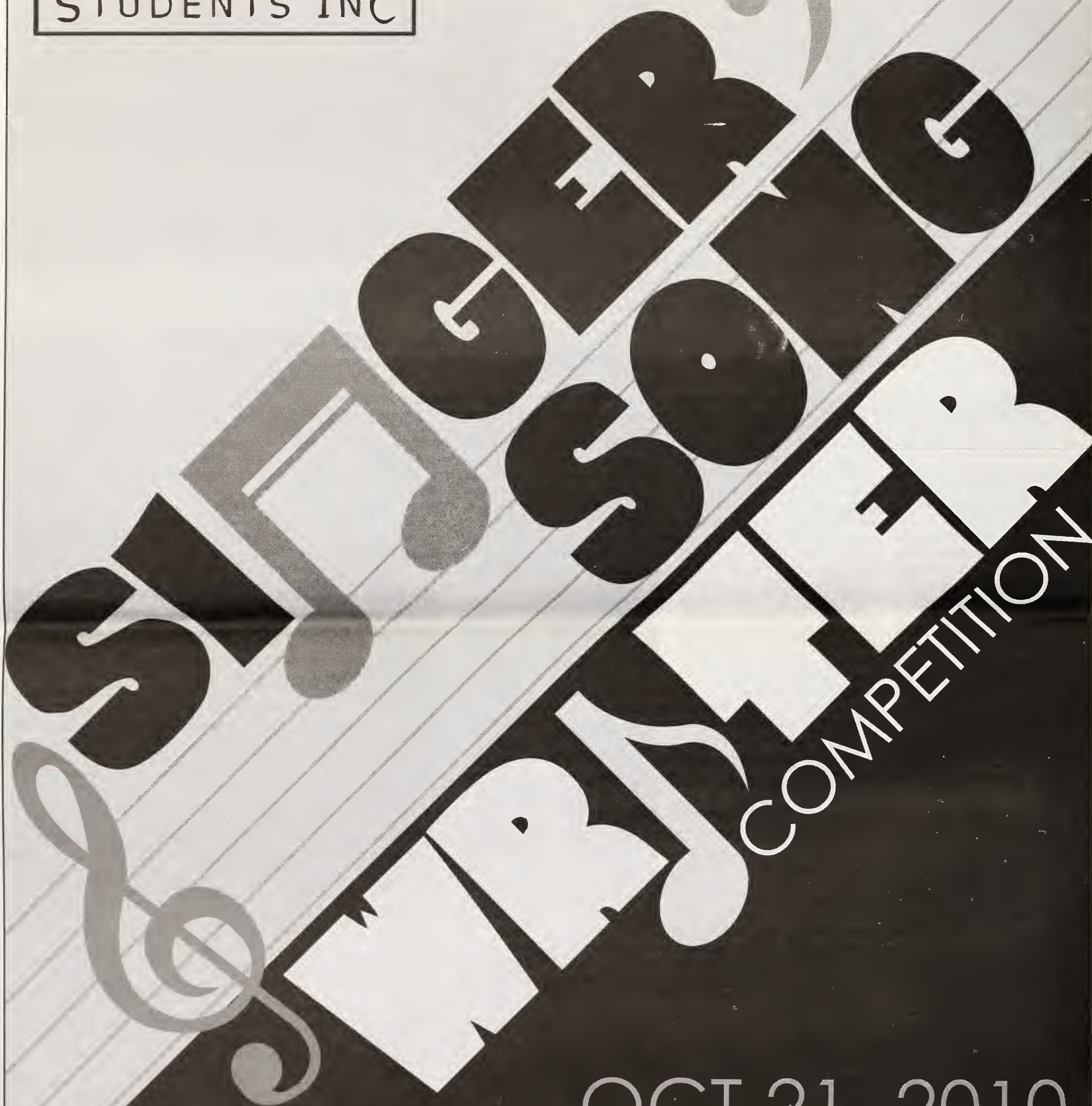


PHOTO BY PAUL IRVINE

Neil Martis, 25, a post-graduate computer applications student and United Way volunteer, holds up the bottle that he hopes will be filled with donations by the end of the United Way campaign.

CONESTOGA
STUDENTS INC

SINGERS SONG BOOK COMPETITION

A graphic design featuring a musical staff with five lines. A treble clef is positioned on the left. Several musical notes are scattered across the staff. The background is split diagonally from the bottom left to the top right, with a light gray upper half and a dark gray lower half. The text 'SINGERS SONG BOOK COMPETITION' is written in a large, bold, sans-serif font, slanted to follow the diagonal split.

OCT 21, 2010
NOON, IN THE SANCTUARY
SIGN UP IN THE CSI OFFICE,
ROOM 2A106

Leadership series takes Conestoga by storm

By AMANDA BAINES

Some people are born to be the president of a major company. Others become the receptionist. Leadership isn't one of those things we all have. Or is it?

When you go to college and get a diploma or degree, how often do you search out extracurricular classes to add to your résumé? They are out there, and some are taking the college world by storm.

Connect, the leadership series offered at Conestoga, is one of those classes. Or rather, a series of workshops, all based on furthering your leadership skills.

The workshops, seven in total, are broken into three groups: Connect with yourself, Connect with others and Connect with your community.

These workshops will take you through learning the meaning of leadership, and learning how to apply these skills to your life, your interactions with others and the changes you can make in your community.

Student Life co-ordinator Bonnie Lipton says the workshops, now in their second year, have been a booming success.

"I was part of the advisory committee for the planning of the series, and saw it through to fruition, which took about two years," said Lipton. "For the first year, we had filled the workshops in the first 24 hours. This year, they were full in one week."

The committee, made up of volunteer faculty, staff and alumni, chose to double the

number of workshops, and introduce the series to the Guelph and Waterloo campuses.

Although registration has not been as successful at the two campuses, it is expected to pick up.

"Leadership isn't just being at the front," said Lipton. "Imagine walking into the college on your way to class, and you can hear someone about 10 steps behind you. You could rush through the doors and continue on your way, or you could wait and hold the door, maybe offer a smile or a 'hello' to the person behind you. That's leadership. It's in what you do. It's your actions."

Recreation and leisure co-ordinator Norma McDonald Ewing volunteers her evenings as one of the facilitators for the workshops.

"I love the fact that after the class is done, I can walk through the cafeteria and see the students still there, talking about what we just discussed," said Ewing. "It's a chance for them to meet people and start friendships that wouldn't normally be formed."

On Sept. 29, the second workshop, entitled Your Mission is Possible!, was held in a classroom at Doon campus, with a class of approximately 35.

The energy was contagious, although when students first arrived they were reserved and nervous. However, within moments the room was buzzing with the students introducing themselves and discussing their expectations for the evening.

First-year journalism stu-



PHOTO BY AMANDA BAINES

Recreation and leisure co-ordinator Norma McDonald Ewing, front row, far right, is one of the facilitators of Connect, a leadership series Conestoga is currently running. The series is designed to help participants develop the essential leadership skills necessary to effectively participate in a rapidly changing workforce and world. Ewing is shown with students who attended a workshop on Sept. 29.

dent Lindsay Johnston said she really enjoyed the workshops.

"I saw a poster when I was here last year for a one-day course, and signed up as soon as I could," Johnston said. "I went to the first workshop in Waterloo and there were only three of us there, but the energy here was incredible. I really enjoyed it."

Although walk-ins can be accommodated, the classes are usually full at between 35 and 40 students, and next year is expected to be as successful as in the first two years. Any students who are interested in this co-curricular series should contact Lipton, and check out the website for the series, www.conestogac.on.ca/leadership, for more information and to register for the winter

courses.

The series registration opens at 9 a.m. on Jan. 10.

"Most colleges and universities focus their leadership workshops on the students who already have those skills," said Lipton. "We

want to focus on all students, especially the ones who don't think they have leadership abilities. And many prospective employers are fascinated by the course, too. It looks really good on a résumé."

Have You Tried



BENEFITS OF HOT YOGA

- Builds strength
- Loosens muscles for a deeper stretch
- Cardiovascular exercise



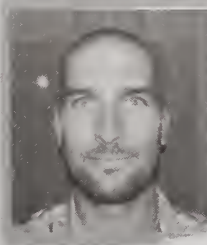
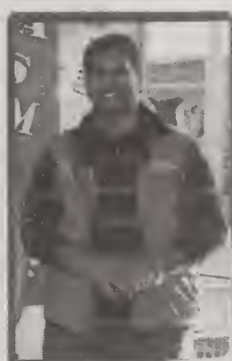
Try us with a
**FREE
Karma
Class***
*call club for details

Waterloo Erb Street Co-Ed Club,
450 Erb Street West

519-886-7276

goodlifefitness.com

The good life. Made easy.



Thinking about getting involved on campus?

Student Life Blog

www.conestogac.on.ca/studentlife

Check out our blog online to hear from other Conestoga students and find out what's happening on campus with Student Life!



Student Life
Shape your experience



TOGA TOGA TOGA

PHOTOS BY ERIN FARRAR

Students showed off their unique toga designs while rocking out in the Sanctuary at Conestoga's annual Toga Party on Sept. 30. DJ Flash and DJ Penny kept students dancing all night. CSI worked hard to decorate the Sanctuary to keep the spirit alive.





CONESTOGA
STUDENTS INC PRESENTS

Oktoberfest

AT QUEENSMOUNT 2010



\$12
ADVANCE

\$13
AT DOOR

- DOORS OPEN AT 8:00 PM
- TICKETS SOLD IN THE CSI SELF SERVE AREA, ROOM 2A108
- PROPER I.D REQUIRED AT THE DOOR
- CONESTOGA STUDENTS MUST BRING STUDENT I.D
- BUS TRANSPORTATION AVAILABLE FROM RESIDENCE

Queensmount Arena
1260 Queens boulevard
(Westmount & Queen)

THURSDAY OCTOBER 14TH

Made from the earth: Clay and Glass

By **ASHLEY IDLE**

Every glass you pick up is made of tiny crystals of silica sand that have been fused together through intense heat so that you can have a cold drink. It's not something we think about every day, but, when looked at in its raw form, sand, and the finished product, glass, we should keep in mind an amazing transformation has taken place.

It's no wonder people choose to make it into art.

The Clay and Glass (formerly the Canadian Clay and Glass Gallery) is a gallery in uptown Waterloo open to the public. It shows off the best of Canada and the world in clay and glass sculpting. With free admission, the gallery is a great place to go on a week-end outing to give yourself some intellectual calisthenics.

Right now is the beginning of the fall season at the gallery, and with the beginning of the season comes new exhibits. This season features Glass Factor: Luminaries in the Canadian Art Glass Scene. The exhibition features 18 Canadian artists. They are: Brad Copping, Laura Donefer, Susan Edgerley, Alfred Engerer, Irene Frolic, Catherine Hibbits, David James, Michele Lapointe, Lou Lynn, Francis Muscat, Susan Rankin, Donald Robertson, John Paul Robinson, Tyler Rock, Karl Schantz, Orest Tataryn, Ione Thorkelsson and Koen Vanderstukken. These artists represent some of the premier glass sculpting

coming out of Canada, and some of their best works are on display for the public to enjoy.

The gallery is laid out in an open fashion to allow visitors to explore freely. The setup was curator Christian Bernard Singer's idea. This is Singer's first exhibition as curator of the Clay and Glass. "The curator chooses to make order out of the chaos. He shapes the show into something relevant and beautiful," said marketing manager Heather Majaury.

"This is an excellent show for people looking into the eclectic nature of glass," said Majaury. "It's a total celebration."

“

**This is a beautiful place.
It's a secular space with a
lot of spiritual content.**
— Heather Majaury

”

The gallery underwent a bit of a transformation to allow this kind of inviting observation space. "We started the process of restructuring the space to be more open," said Majaury. "We want people to spend time at the gallery." To that effect, they have added seating areas and a small cafe.

The gallery's is open to the community. Majaury talked about how it was important for the area to have a place where residents could go to appreciate art and culture. Volunteer and former

Conestoga College student Jonathan Plummer also spoke about how it was important to support local endeavours and local artists. "Local is always a good thing," he said. And they do support local artists at the gallery, as one of the artists featured lives in the Waterloo area.

The art invites people in; the atmosphere makes them want to stay.

"This is a beautiful place. It's a secular space with a lot of spiritual content," said Majaury.

The glass factor exhibition will be on through the fall until Jan. 2.

The gallery invites all students to come and visit them.

"Galleries are known to help relieve stress," said Majaury. She also points out that it is a good place to help stir up creative thoughts, and that it is a great place for the student on a budget to go for a nice, cultural date. The gallery shop also offers some unique gifts for those people who have everything.

Keep an eye out for new exhibitions coming to the Clay and Glass such as Julie Oakes's exhibit, Swounds, which will be making its way to Waterloo on April 3.



**PHOTOS BY
ASHLEY IDLE**

This colourful floral vessel was created by Canadian artist Susan Rankin. In this piece, Rankin explores both functionality and beauty using colours and bold shapes such as the flowers and the dramatic shape of the vase.



The sculpture XJ21 Series: Lotus #9 was created by Karl Schantz. Schantz is one of the 18 artists featured in the Glass Factor exhibit. People can visit Clay and Glass Tuesday to Friday, 11 a.m. to 6 p.m., Saturday, 10 a.m. to 5 p.m., and Sunday, 1-5 p.m.



The sculpture, Still Life Series: Urban Profile by Karl Schantz, is very whimsical in nature.



This cast glass sculpture was made by David James. His works play with the various properties of glass to create many different feels to a single piece of art.

PROPER ID REQUIRED, CONESTOGA STUDENTS MUST BRING STUDENT I.D.
DOORS OPEN AT 8:00PM \$10 IN ADVANCE, \$12 AT THE DOOR, LIMITED TICKETS
PURCHASE TICKETS IN THE CSI SELF SERVE AREA, ROOM 2A108

CONESTOGA
STUDENTS INC

TONY LEE XXX HYPNOTIST

TUESDAY
OCTOBER 26

PARENTAL
ADVISORY
EXPLICIT CONTENT

18+



A Titanic exhibition

By GERALD UPTON

"Come and see the exhibit. It's exciting, it really is," said Nicole Hamilton, the marketing and development co-ordinator at THEMUSEUM. "You get to learn about people who were on the Titanic. It makes their stories real."

She is referring to Titanic, the Artifact Exhibition at THEMUSEUM in downtown Kitchener. On until Jan. 23, 2011, it is well presented, interesting and thought-provoking. Many people are extremely enthusiastic about it.

"It's very good," said Loella Eby of Kitchener. "It's worth seeing. I liked it!"

Another remark overheard between a couple just leaving the exhibit was, "It was an awesome exhibition, and it was lovely to see that the City of Kitchener has done this!"

However, the most enthusiastic person was Hamilton, who graduated from Conestoga College's public relations program this past spring. Her eyes lit up when she talked about it.

"Everyone feels like they have a connection to the Titanic," she said when asked why this particular tragedy is so popular, "whether they knew someone else who had a family member on it or if they actually had someone on it from their very own family."

The exhibition has only been open a week, and already organizers are surprised at the variety of people



Titanic, the Artifact Exhibition, is at THEMUSEUM in downtown Kitchener until Jan. 23, 2011.

PHOTOS BY GERALD UPTON

who have come to see it. The staff are wondering if attendance for this exhibit might break records.

Everybody is coming, said Hamilton. "Little kids, running around excited about the Titanic. You also have older families coming in. You really do get a wide range of demographics. It is for everyone."

"What this exhibition really encourages as well is, you get to really get into the story of it. It's real artifacts, and you know that. It's easy to feel a connection to it because somebody had those postcards on the boat. Someone was going to send them away to someone they loved, but they never finished their

journey."

The exhibit consists of many black columns mounting well-lit Plexiglas cases showing items that have been recovered from the Titanic, as well as preserved and replica items from the Titanic era. The walls are black and the general lighting is low, with spotlights bringing your attention to the displays. There is also period music piped in to the more genteel displays, plus eerie sound effects in the dramatic areas.

All the actual items from the Titanic have been recovered from the debris field of the wreck. These are the items that fell out of the stricken ship as she sank

and was torn apart. They are scattered along a seven-mile trail leading to where the two main parts of the ship now lie.

"Nothing from the actual ship was taken away," said Hamilton. "They keep that as a memorial to the people who were lost. There are a lot of valuables still on the ship that will never be removed."

It's sometimes hard to believe that these artifacts were sitting on the bottom of the ocean because they look so clean and new.

"That's the amazing part of the restoration process," said Hamilton. "They can actually bring these things back to life, close to what they would have looked like the day they

went down."

Students get a 25 per cent discount on tickets to see the exhibit, and it is worth it. There is something here to see for almost every student at the college.

"Because each room is different," said Hamilton, "you get a little bit of history, you get a little bit of art, you get a little bit of science. You get all of that in this one exhibit."

This is a big-city exhibit. "That's a good thing!" said Hamilton. "That's what we sort of wanted to hear. We wanted to break all the expectations we had ourselves and the expectations everyone else had for the museum. THEMUSEUM is trying to show that, if we have support from the community, we can bring world-class exhibits right into your backyard. We can bring it here. You don't have to go to Toronto for something like this."

Such a classy exhibition caused headaches for planners at THEMUSEUM. They had to come up with something to follow an act like that.

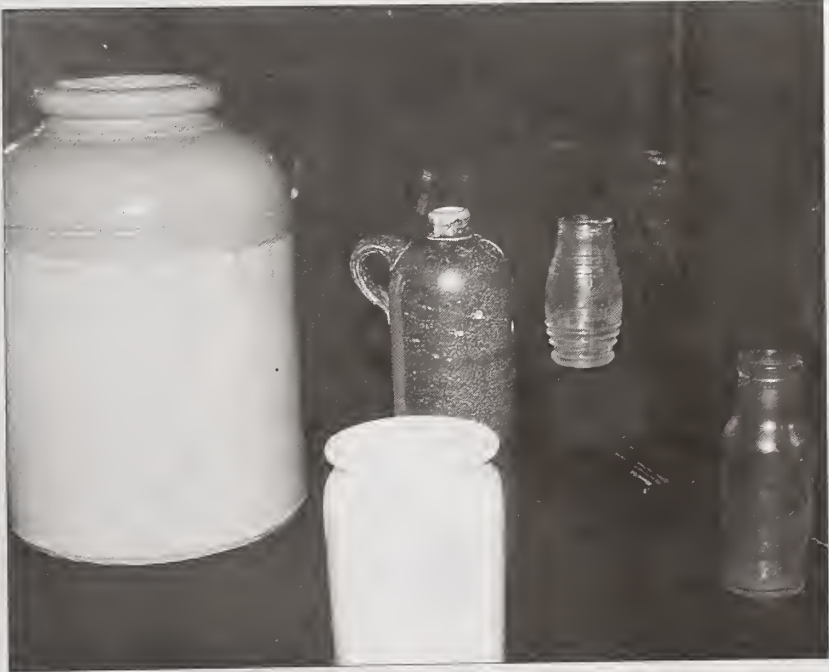
What they have decided upon sounds like it could do the trick.

Their next exhibition is called, Searching for Tom: Tom Thomson, the Man, the Myth and the Masterworks. It will feature many of Thomson's original paintings and investigate the mystery of his death.

It is scheduled to open in February 2011.



Entering the exhibit you will see this telegraph monument that starts you on your Titanic journey.



All the items from the Titanic have been recovered from the debris field of the wreck including these numerous jars. These are the items that fell out of the stricken ship as it sank.



The artifacts look so clean it is hard to believe they sat on the bottom of the ocean for many years.

The shoe's on the right foot for giving

By **MARCUS MATTHEW**

The death of a loved one is complicated and often the most difficult thing to deal with in life. Each person has his or her own way of handling such a loss. Joan Degen, along with her extended mother Sharon Holman, used death as inspiration.

When Degen's extended grandmother Elfrieda Henry, who is Holman's mother, passed away in 2008, it inspired them to start the non-profit organization called Shoes for the Soul.

Degen, Holman and a few volunteers collect new and used shoes and they then distribute them to disadvantaged and homeless adults and children.

Henry made a life out of helping and giving to the poor. She would travel from country to country doing volunteer work. Degen has set out to honour and carry on Henry's legacy through the act of giving.

"When she passed, I thought 'you know what, let's keep something in her memo-



PHOTO BY MARCUS MATTHEW

After a two-day shoe giveaway, Shoes for the Soul co-ordinator Joan Degen holds up one of her specialized tote bags at the Mary's Place in Kitchener on the afternoon of Oct. 2. In the background, volunteers box up the remaining shoes before they send them to the Salvation Army.

ry' and that's how I started Shoes for the Soul," said Degen.

Last year she took her first

step in starting the charity, hosting a shoe giveaway at the Eastwood Christian Fellowship in Kitchener. Even with a small gymnasium and little publicity, it was a success.

This year's event was held at the K-W YWCA's emergency shelter, called Mary's Place, on Oct. 1 and 2. With a spacious room and a bit more publicity, the turnout was astounding, to say the least.

"I'm flabbergasted ... This is unbelievable. I think there were about 200 people at the door waiting to get in. I think that speaks for itself," said Holman.

Throughout the two-day event, hundreds gathered. Rough-looking homeless men and women were yelling, screaming and pushing for shoes. The sound of babies crying could often be heard in the background. A not so pleasant mix of smells filled the air.

However, many thankful faces and smiles filled the room. There were children

smiling, laughing and playing while their mother or father searched for shoes.

"It's a good thing what they're doing. I thank them very much," said Raj Kumar, who was receiving donated shoes for the first time.

From dress shoes to casual shoes, Degen received a variety of donations from individuals, as well as a few local schools. She has received tremendous support this year.

"I would come home after a day of running errands, and would have somewhere between 12 and 15 bags of shoes at my front door," said Degen.

She also received support from 4imprint Canada, as they provided 200 specialized tote bags for \$200. Degen's friends and family donated the money to purchase the bags. However, Degen's still looking for support from a big sponsor.

"If we can just get a large sponsor to help with the bags. Zehrs, Sobeys, any of those

big places," said Degen. Tote bags are very valuable to the poor as they can be used over and over for a variety of uses.

Degen simply loves to do volunteer work; her thoughtfulness and good deeds aren't going unnoticed.

"I get emails all the time from people saying I'm doing a wonderful job. And when I see this, I know I'm doing a good job. I really am, and I feel good about it," said Degen.

She has a lot to feel good about. Her Shoes for the Soul event only scratches the surface of her involvement in and around the community. With a developmentally delayed sister, one of the main organizations she volunteers at is Sports for Special Athletes.

Degen has a lot of motivation and passion for volunteering; however, behind this motivation lies a sad story.

On June 8, Degen again faced one of the toughest times of her life as her biological mother, June Slumski, died. Slumski worked with the board of education and was a person who gave every chance she could, but never took.

"My mom was the type of person who would do anything for an individual," said Degen.

Just before the death of her mother, Degen had yet another terrible thing happen to her. She was diagnosed with colon cancer and underwent surgery. However, Degen hasn't let cancer or the loss of loved ones bring her down. She persevered and came out of these experiences with more strength and motivation than ever.

Degen plans on having Shoes for the Soul as an annual event at Mary's Place for many years to come.

Leftover footwear from the event will be given to the Kitchener Salvation Army. If you would like to donate directly to Shoes for the Soul, you can contact Joan Degen at jdegen@rogers.com.

Make a mark of your own.

NORTHWEST TERRITORIES

After living up to the expectations and demands of parents, teachers and coaches, it is time to set some goals of your own. How about fast-tracking your career in a place that offers unlimited opportunity and a lifestyle filled with adventure?

FOLLOW Mark



and Win a Trip!

Come make your mark in the Northwest Territories, where graduate degree holders can earn \$25,000 more per year than the national average and where your student loan will vanish like an ice-castle in the spring.

come.make.your.mark.ca

NORTHWEST TERRITORIES
1-877-336-3940



ON-CAMPUS CHIROPRACTOR

Covered by CSI Health Plan

HEALTH SERVICES

748-5220 Ext. 3679

Computer recycling is free

By GERALD UPTON

What happens to old unwanted computers?

There used to be a charge to have them accepted as waste, to encourage you to reuse them, because there was no provision for recycling them. Many people just dumped them in dumpsters or left them cluttering up an obscure corner of their basement.

Today, Computer Recycling offers an excellent alternative.

At Computer Recycling donations of used computers, working or not, are gratefully received. The company, as the name states, is a place where staff try to bring life back to old computers. Most of the computers they receive have at least one part not working. However, parts from other computers can often be cannibalized to replace parts in computers that are dead.

Computer Recycling is a member of the Ontario Electronic Stewardship (OES) which handles electronic recycling these days. There no longer is a charge for electronics accepted for waste.

Charles McColm, 40, is in charge, and the only paid employee there. He calls himself the project manager, although he says he does not have an official title. What he does have is the knowledge and organizational skills to keep a changing array of volunteers productive.

The work is done by approximately 14 regular volunteers. Others volunteer their services when they have time. Anyone who does will receive guidance if required and may well learn something about computer design and construction.

Computer Recycling brings approximately 600 old computers back to useful life each year. These are obviously not the high-tech, up-to-date computers sold in retail stores today, but they still have their uses.

Volunteers will also repair your computer for free if you take it there, but don't expect immediate turnaround. There is a waiting list. However, they will also advise and assist you if you want to repair your own at their facilities.

Julia Meng from the Conestoga College information technology application and technical support program just finished a work placement there. She was all smiles on her last day, and said that it had been an enjoyable experience.

McColm has been with Computer Recycling almost since its beginning.

"It started more than 10 years ago out of a need to supply the Working Centre with a couple of computers," he said. He joined the centre in approximately 2001 as a volunteer. Four years later he was put in charge.

The Working Centre is a



PHOTO BY GERALD UPTON

Julia Meng from the Conestoga's information technology application & technical support program gets some friendly advice from Charles McColm, the Computer Recycling project manager.

private non-profit company at 49 Queen St. E. in Kitchener that assists people in finding jobs. It is the parent company of Computer Recycling.

Even today, about half of the computers refurbished go to the Working Centre. These computers provide Internet access for the staff and job seekers who might not have computers at home. Computers are even given away to people completing some of the computer training at the Working Centre.

After Computer Recycling had been in existence for a couple of years, it had grown to include several enthusiastic volunteers. They found

they had more computers than The Working Centre required.

"2001 was really the first kind of effort to bring computer recycling to the public," said McColm.

The business was originally open only on Tuesdays but is now open five days a week.

"We don't look at them as competitors," said Jess Green, the Microsoft Office master instructor at OnTech Computers, 84 Queen St. S. They are just around the corner from Computer Recycling. "Their computers are not on the same level.

"They are a good place to go to recycle computers," she

said. "We work together." The staff at OnTech Computers gladly direct people to Computer Recycling who are looking for inexpensive computers or parts.

Computer Recycling is officially located at 66 Queen St. S. in Kitchener, in the Working Centre complex. However, their main entrance and the easiest way to get there is the door on Charles Street, directly across from Full Circle Foods. Go downstairs and just keep turning right.

Computer Recycling is open Tuesday to Friday, 10 a.m. to 6 p.m., and Saturday 10 a.m. to 2 p.m.

The Music Box releases full length album

By JONATHAN CHARLES

The Starlight in Waterloo was the site for the CD release show of the first full-length record from Kitchener-Waterloo band, The Music Box. The record is called Vampire Songs and features 14 tracks.

The Sept. 29 show was an all ages/licensed event, which isn't common for many live music venues. There were a number of members of the audience under the age of 19 who were able to come out and enjoy the live music from three great local bands.

"19+ shows are restrictive and although they're a little more personal, it's keeping kids out of the show and away from the music," said Michelle Luu, 16, a high school student from Kitchener.

The show started with Teen

Violence, whose sounds could be compared to mid-60s pop songs with a modern splash and vocal melodies that can't be ignored. The floor area began to fill by the time the first song had finished.

As the stage was being set for the next act, Andy Clark, a friend of The Music Box, performed some of his comedy and had many laughing at his odd and fascinating jokes.

The band on next was Bocce, who had the dance floor moving to their catchy electronic sound as soon as they started playing.

The Music Box is a strong band promoting a great record. They have an interesting sound consisting of a mix of rock, country and punk. The members of the band are: Tyler Stoddart, Dylan F. Bravener, Kyle Taylor and Steve Sloane.

Their album, Vampire Songs, was recorded, mixed

and mastered by Jeff Vasey at GO30! in Cambridge, right across the street from the Frito-Lay factory.

"We tried to obtain a corporate sponsorship from them but they wanted nothing to do with our faces," Steve Sloane said jokingly.

"We hope to rise above the economically debilitating statuses of students and kids who live on their own," said Sloane. When questioned about upcoming concert dates he mentioned the idea of the band purchasing a van and playing shows in and around southwestern Ontario.

"Keep your ears to the ground because we're a real band now," Sloane said.

To hear the new record, Vampire Songs, or to learn more about The Music Box, go to <http://radio3.cbc.ca/#/bands/The-Music-Box> and www.myspace.com/themusicboxonline



PHOTO BY JONATHAN CHARLES

The Music Box perform for an all-ages crowd at Starlight in Waterloo on Sept. 29.

Get some career advice at workshop

By **ROBERT CONTE**

Are you confused about your career path? Tired of flipping burgers and mixing coffee? If so, head to Career Directions, a three-part workshop to be hosted by Conestoga's Co-op and Career Services. The workshop is free for a limited time and will assist students with career planning and development.

Career advisers Karen Shoemaker and Joy Tomasevic will be leading interactive seminars and discussions at the workshop. Career advisers counsel students on a variety of topics from selecting programs and career paths to studying at university or abroad.

"Students are welcome to book an appointment with us or just come by and pick up resources," said Shoemaker.

The advisers will discuss the realities and dispel the myths surrounding career planning as well as provide attendees with valuable online resources to assist in their own career planning. Students who attend all three parts of the workshop will receive a certificate of completion.

"You can add the certificate to your portfolio," said Shoemaker. "We encourage

students to start building up their portfolio early on."

Students will also be offered the chance to complete the Strong Interest Inventory. There is usually a fee associated with this widely used career test, but it will be offered for free at Career Directions. The student's interests will be compared to thousands of individuals who report being happy and successful in their jobs. Students will be provided with a 15-page report detailing their results and those results will be interpreted by the career advisers.

"The test can not only help students figure out if they may want to change their career path, but it can also reaffirm their current program choice," said Tomasevic.

Students interested in attending the workshops can register online by logging into MyCareer through the Student Portal at www.portal.conestogac.on.ca under Services, search events and register. The workshops will be held on Oct. 18, Oct. 25 and Nov. 1 at 6:30 p.m. in Room 1B20. Students must attend the first and second workshops in order to attend the third. For more information on Career Directions visit Room 1A105.



PHOTO BY LISA OLSEN

Practical nursing students Patricia Quintanilla, left, and Joy Srikanthan, right, practise a nasal gastric insertion at the Village of Riverside Glen Nursing and Retirement home in Guelph.

Health-care students get hands-on experience

By **LISA OLSEN**

Internships and hands-on experience are all a part of college, which is why many choose it over university.

For some students in the personal support worker (PSW) and practical nursing programs, that hands-on experience is much more than heading out one day a week to work at a job in their chosen field: their classroom is their chosen field.

Labeled The Living Classroom, courses are run out of the basement of The Village of Riverside Glen, a retirement and nursing home in Guelph. There are up to 90 students studying at a time, learning practical skills in labs and theory in the classrooms.

The students take their lunch breaks in the main part of the building upstairs, where they get the chance to merge, mesh and connect with the residents; they learn about Mr. J's career as a firefighter, embarrassing stories of Ms. S's children and how wonderful of a man Mrs. N's late husband was.

"One of the concerns of students coming into this field of work, if they've never volunteered or worked with the elderly, I think they're a little bit afraid," said Susan Bingham, co-ordinator of the practical nursing program.

Being around the residents and interacting with them on a daily basis helps build the student's confidence and gives the residents some rosy-cheeked, fresh young faces to connect with.

"All of a sudden, they become a person, they don't become somebody who has a disease or a condition," said Jane Douglas, co-ordinator for the personal support worker program.

With a population of over 114,943 people and a shortage of post-secondary colleges, the Guelph-based program fills a health-care void in the area; a few years ago, it

was difficult to draw people into the community.

The owners of The Village of Riverside Glen recognized that this trend would affect them directly and underwent renovations to provide Conestoga College with space.

Three years ago the personal support worker program moved in. The practical nursing program was added last September.

"What we developed and conceptualized with this program is truly a grow-your-own health human resources strategy," said Jason Powell, chair of the nursing programs for the School of Health and Life Sciences and Community Services.

"I would suspect that there are colleges that do some variant of it (the program), I don't know of a college that has put an entire program inside a retirement community."

For the unique concept, the hope is that people studying in Guelph will eventually settle, work and call the community their home.

Students who choose Guelph's program over the Doon campus will notice a difference. It's not about the college experience; it's about getting a job.

Erin Dobbins, a first-year PSW student, doesn't seem to mind skipping the parties, 4 a.m. pizza orders and hangovers. For her, it's all about the end result.

"I love helping people," she said.

"What you do for a living, you have to enjoy."



COUNSELLOR'S CORNER: *Roommates*

Sharing living space with a stranger, or even a friend, can be quite different from living with your family. Things as simple as how long you stay in the shower or where to keep the towels can cause tensions between people who aren't used to living together. So how can you ease the transition from family life to living with a roommate?

One way to avoid conflicts is to establish some ground rules. For instance, does it drive you nuts if the dirty dishes are still in the sink the next morning? Or do you have a "high dirt tolerance" that will have your roommate extremely frustrated by the end of September?

Some areas to discuss include:

- ◆ space: private versus common areas
- ◆ food costs: shared? designated fridge space?
- ◆ quiet hours for morning, study time and at night
- ◆ guest policy

Living with a roommate isn't all about rules and compromises, but it'll be much easier to set guidelines now, before you start getting on each other's nerves.

For more help on this topic or other areas of growth or concern, make an appointment to talk with a counsellor at your campus location.

A Message from Counselling Services, 1A101.



HOROSCOPE

Week of October 11, 2010






Aries

March 21 - April 19


When you end up in China this week (don't ask), you'll do well if you decide not to do a Tiananmen Square reenactment.



Taurus

April 20 - May 20


You will open a pack of breath mints to find that they have been replaced by diamonds. You'll need them to pay for the dental work.



Gemini

May 21 - June 21

You know that class on Wednesday that you really hate? Yeah, time's going to go backwards. Sorry!



Cancer

June 22 - July 22

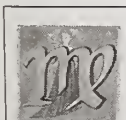
You will be followed around this week by a grinning cat that won't leave you alone. Ever. He's going to be very rude, too.



Leo

July 23 - August 22

You probably won't need all those canned beans you've been putting in your survivalist bunker, but you never know, right? Be prepared!




Virgo

August 23 - September 22

This is going to sound weird, but avoid using any words containing the letter W. Don't even read them. Just ... trust me on this.




Paul Irvine carefully examines the stars and then ignores them for your amusement.



Libra

September 23 - October 22

Your favourite band will be coming to the Aud this week, but a clown convention is going to buy all the tickets. Wear a red nose.



Scorpio

October 23 - November 21

Your winning Lotto numbers are 5, 28, 34, 35, 40, 47. You can deposit my half of the winnings at the Spoke office, thanks!



Sagittarius

November 22 - December 21


You will finally have your chance to take out the Great White Whale. From hell's heart, you'll stab at it! For hate's sake you will spit your last breath at it!



Capricorn

December 22 - January 19

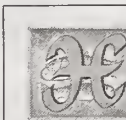
The soles of your shoes will turn to Jell-O. Scientists will be baffled. Newspapers will not be calling.



Aquarius

January 20 - February 18

It's the age of Aquarius this week! Celebrate by listening to some Mozart.



Pisces

February 19 - March 20

You will find yourself amongst several hard-working and industrious dwarves who can't stop themselves from drowning your fortress.

This game makes time fly

By PAUL IRVINE

Sid Meier's Civilization series is one of the longest lasting game franchises in the history of computer gaming. The original Civilization came out in 1991, published by the now-defunct Microprose. For those who are unfamiliar with it, the point of every game in the series has been to "build an empire to stand the test of time," as the game's original box art tells you.

Civilization IV, the last game in the series, came out in 2005 and had two expansion packs released. It was a huge hit amongst fans, but didn't manage to bring out as many new players as Civilization III had in 2001. It relied more on micromanagement, but was a much deeper game than any of the previous games had been.



Video Game Review

Civilization V was released Sept. 21.

The problem with Civilization games is that they are not terribly action-packed. The game is engaging, yes; but not exciting. There are always large stretches where nothing in particular is going on, but that has always been a part of the series. Civilization V does not escape this. If you are looking for adrenaline-soaked, action-packed game play you are not going to find it here. What you will find is suddenly looking up at your

clock and having to ask yourself when 5 a.m. made an appearance, in a phenomenon known as "one-more-turn syndrome." Do not start playing if you have an assignment due the next day.

The game is easier to get into than previous iterations, but no less deep and complex. You have to start planning your victory from the very start to do well, but the micromanagement is a little easier to deal with thanks to the innovation of easy-to-use city presets.

The only major problem I ran into was while attempting to use the DirectX 10 and 11 option. The game kept crashing a few turns in. This was easily solved by using the DirectX 9 option.

All in all, Civilization V may be the best game in the series yet.

Comedy fever hits students

By BRITTNEY BELANGER

"The real story behind why Chris Brown beat Rihanna. Rihanna slapped his hand from the radio and said 'Please don't stop the music' ...," said Trixx, a comedian from MuchMusic's Video on Trial show who performed at the college on Sept. 29.

Opening the comedy nooner was Sheena Sonser, CSI president, who introduced the comedians before their standups. Starring fellow Canadian comedians Bobby Mair and Trixx, laughter was heard throughout the Sanctuary. Staff and students of Conestoga were all smiles when the comedians had done their gigs.

Telling jokes on topics ranging from roller coasters to Justin Bieber, the audience couldn't seem to get enough. The comedians successfully worked the stage and filled the room with laughter.

"They were really funny," said Anuvadha Navaslmhoun, an environmental engineering applications student. "I liked how they included the audience and made jokes of what happens on a normal day."

The comedians' final act was met with thunderous applause. Most students then exited the Sanctuary for classes, while others met with the comedians for signatures and pictures.



Trixx, a comedian from MuchMusic's Video on Trial show, performed at Conestoga College on Sept. 29.

PHOTO BY BRITTNEY BELANGER

Community College Week—NISOD Student Essay Contest

\$3,000 in Prizes

Essay Topic

Describe your most rewarding learning experience with a faculty, staff, or administrator at your community college.



Essay Submission Deadline:
November 8, 2010

\$3,000 in Prizes

- \$1,000 Scholarship to the Student Author
- \$1,000 to the Faculty/Staff/Administrator Featured in the Essay
- Complimentary 2011-2012 NISOD Membership to the Student's Community College (\$1,000 value)

For a complete list of prizes, contest details, and to submit an essay, visit:
www.nisod.org/student_essay

Sponsored by



High hopes for varsity volleyball

By **MARCUS MATTHEW**

After a long drought, varsity volleyball is finally coming back to Conestoga College.

Conestoga hasn't had a men's or women's varsity volleyball team since the 1993-94 season. After a few years of pushing for the program, volleyball has once again found its place at the college.

"It feels amazing just to break that historic trend and get back on the court at Conestoga," said player Jeff Schaeffer.

Due to Ontario College Athletic Association regulations, Conestoga had to play an exhibition season last year in order for them to compete in the OCAA this season.

With the regular season just around the corner, men's head coach Ariel Castromayor is ready to begin a new era at Conestoga. "I'm very excited, more so that I have a group of guys that are just as excited," he said.

Castromayor is a former captain and all-star OCAA player. On top of that, he has a wide array of coaching experience. Not only is he a martial arts instructor, but he's also a coach and executive at Pakmen Volleyball; a non-profit youth volleyball organization.

Last year Castromayor served as Conestoga's assistant coach and is humbled to be this year's head coach.

"It's very humbling. I realize there's a lot on my shoulders and a lot of people relying on me, not just to do well, but to deliver a long-lasting program," he said.

Some will expect instant success from Conestoga. The



PHOTO BY MARCUS MATTHEW

Conestoga's varsity men's volleyball team takes a break from their practice for a photo at the Conestoga College gym on the evening of Sept. 30. Players, along with head coach and manager, far left and right, are excited to have varsity volleyball back at Conestoga.

reality is with the new program, the first few years could be a learning curve.

"I don't think there's any pressure on Conestoga at all ... If anything, this is a learning year for us," said athletic director Marlene Ford.

Castromayor has set realistic goals for his team.

"I set a goal for us to have a .500 season, and topping that I want us to break the top four," said Castromayor.

Breaking the top four in

their division will be a tough task to say the least.

"We have the toughest pool in the OCAA.

"We have the bronze, silver and the gold medalists in our division," said Castromayor.

He hopes that team chemistry will be their greatest strength and will ultimately lead them past stiff competition.

"They gel well already; if we can keep them gelling well on the court then that will be our

biggest strength," said Castromayor.

Many players on the team think Castromayor is a great all-around person and couldn't be happier to have him as their head coach.

"I'm speechless," said player Matt Dicks. "Ariel's a man who knows the game inside and out ... I think he's a great coach and we couldn't have had someone better."

The women's volleyball team will also have the luxu-

ry of an experienced and talented coach with Christine Lamey at the helm. With a talented group of women ready to win, it should make for an interesting season.

On Oct. 20, both the men and women will travel to Mohawk College to play their season opener.

Conestoga is ready to put varsity volleyball back on the map.

"Expect the unexpected," said Schaeffer.

Conestoga's varsity teams need more fans

Elite athletes are always quick to credit their achievements to hard work, dedication and concentration on the goal at hand. They are even quicker to credit their achievements to the crowd, the support and the fans.

I attended Bluevale Collegiate Institute high school in Waterloo which was a dominant school in the sports category. We did one thing. Win. We won at everything: football, soccer, basketball, track and field. My friends, peers and teachers have banners, plaques and trophies that show off all our championships. One reason we won a lot was because we had support from fans, parents and teachers.



Brandon Reoch
Opinion

So when I came to Conestoga College last year, I was taken aback. Our sports teams (badminton, rugby, men's and women's soccer, volleyball, men's and women's indoor soccer, cross-country) don't win a lot but even worse, no one comes to watch! The fan support is non-existent. I am not talking about just students. This applies to staff and parents.

Now to be fair to those

"fans" who don't want to come out and support, they have a legitimate reason. Conestoga doesn't win a lot. Since 1967, the Condors have won 14 championships across nine sports (men's and women's indoor soccer combined as one.)

Since 1967, Humber College has won 33 championships, Mohawk College has won 28 and Seneca College has won 37 for a total of 98. Though Conestoga may not be the most dominant school when it comes to sports, it would be nice to have the most fan support.

One month and a bit into the 2010 sports season I have been to a women's fastball game, a men's soccer game

and a women's soccer game. After watching all three sports teams I can truthfully say that the teams don't need more practice or more players, they need more fans! The next time I attend a women's home soccer game, seeing more Condor fans in attendance than St. Clair College fans would be a start. I know a lot of students spend their weekends at residence and on Saturdays and Sundays varsity sports are being played just across the street. Go out and watch!

I am sure there are people at Conestoga who attend more sporting events than me. However, I have made it to my fair share of games to support and cheer and at the

same time, watch a high level of play from our talented athletes. The quality of sports in the OCAA may be the best kept secret in all of college. These women and men know how to play sports!

More teams are starting their season such as men's and women's volleyball and badminton. Some are starting to prepare for playoffs such as the women's fastball team. Every team could use our support.

To check out upcoming sporting events, schedules and schools visit www.ocaa.com or www.conestoga.on.ca/recreation and find what days are available for you to come out and support Conestoga. Go Condors!

Women's soccer team has sights set on playoffs

By COURTNEY NIXON

The Conestoga Condors women's soccer team had high hopes prior to the start of their last home game against one of the top teams in the west, the Humber Hawks.

But, less than five minutes into the Sept. 30 game, the Condors found themselves already behind the eight ball after Humber scored to take a quick 1-0 lead.

Conestoga had a few good chances in the first half but Irene Sonnenburg couldn't seem to sneak the ball past the goal post.

The Condors started the second half much like the

first as Humber used their good ball control and end clearing kicks by their goalie to go ahead 2-0.

As tension mounted on the field so did the physical aggressiveness between the teams.

Conestoga was given an indirect kick just outside the 18-yard box, which resulted in a beautiful header from Sonnenburg to put the Condors within one.

The team put the pressure on the Hawks, as Sonnenburg once again had a shot at the net, this time hitting the crossbar.

The Condors fought hard till the end, but didn't have enough to beat Humber's

"stacked team" as coach Aldo Krajcar described them. The end result was Conestoga fell 3-1 to the Hawks.

"I thought we played very good," said Krajcar.

"We had a lot of chances, Humber is stacked with players."

With only three regular season games left, Krajcar is already eyeing the playoffs.

"Our goal is to win the first playoff game," he said.

Krajcar, who has 24 years of coaching under his belt, five at Conestoga, said they are finally competitive.

"When I first started here, we only had 15 girls try out," he said. "Now we are ready to compete."



PHOTO BY COURTNEY NIXON

The Conestoga Condors took on the Humber Hawks on Sept 30, but failed to soar, losing 3-1.

Get advice on coaching your teen after high school

By COURTNEY NIXON

Calling all parents who want to be supportive and help their child get a post-secondary education, but aren't sure how to go about it.

A Coaching Your Teen, The Decade After High School workshop is being held for parents who want to help their children make the right education and career choices without pushing their own dreams and goals onto their children.

One tip is don't have a plan for your kids before they have one for themselves.

Many students coming right out of high school aren't even sure what their future goals are and what they might be interested in.

"Many students choose programs that they don't like; we try and help find a pathway that most suits them," said Tao Cruikshank, a career adviser at Co-operative Education and Career Services.

"We have found that parents have a huge influence on their students' academic choice and while their intentions are good it isn't necessarily the right choice for their child," said Cruikshank.

Eighty-four per cent of parents who complete university hope their child will follow in their footsteps.

Even though high school students approach their parents for help with career planning, in the workshop parents will get a review on what has changed in the world since they themselves were in high school and the challenges young people are facing when trying to choose a post-secondary program and pathway.

This will include discussing generational differences, changing educational pathways, the current labour market trends and more.

The workshop will explain the career planning process that includes five steps: self-awareness, researching career and educational options, making a decision, creating an action plan and evaluation of their decision.

Helping to prepare your teen for life after high school is one of the most important tasks parents will ever make.

Seventy per cent of high school students say they would like additional help with career planning.

"It is our attempt to give parents the knowledge and tools needed to 'coach their teen,' not direct their teen, as we see a lot of students who report they have chosen a program that they are not satisfied with because their parents told them to enrol in it," said Cruikshank.

Parents will be provided

with online resources and tips that they can use along with their child to facilitate this process in a positive and encouraging way.

Parents need to know that 60 per cent of post-secondary students graduate from a different program from the one they started in with 25 per cent trying three or more.

And not all students go directly into post-secondary education right after high school; 82 per cent enrol in post-secondary education within three years of graduation.

Within that time, parents set the stage for their child; they are encouraged to watch and listen to their teen, and maybe discover interests they never knew their child had. This could help the student decide what he or she wants to do with his or her life.

However, students change their minds frequently, so be open to change because there will be revisions to the original plan.

The Coaching Your Teen, The Decade After High School workshop presented by the college's career advising team will be held on Oct. 12 from 7 to 8:30 p.m. at the Doon campus for Level 1 and Oct. 19 from 7 to 8:30 p.m. for Level 2.

For further information contact Cruikshank at 519-748-5220, ext. 3624.

Women's fastball team loses to Durham Lords

By GERALD UPTON

The Conestoga women's fastball team lost to the Durham Lords 8-2 on Oct. 5 in their eighth regular season game. The loss drops their record to 1-7.

The loss was not as bad as the score suggests. Durham is the best team in the OCAA league, with an 8-0 record.

Conestoga's Kara Puklics pitched a complete game with steady work. Her main problem was that her accuracy suffered at times. The walks she gave up had a nasty habit of eventually being counted as runs scored.

"They're a good hitting team," said Puklics, "so it's hard to locate the ball. You want to throw wide but they don't swing. You throw it in too tight and it goes in the outfield."

The game was lost right at the beginning after the Condors had a shaky first two innings, allowing Durham to score four runs.

"I think the first inning they get a bit jittery," said coach Fawn Day. "Once they conquer that, it should be heads up from there."

Compounding their first inning jitters was Durham pitcher Nicole McCoy. She came in throwing a wicked streak of a fastball that sent the Condor batters down in order in the first, and only gave up a walk in the second. However, the Condor batters started to get to her in the third with the bottom of their order. They drove her out of

the game in the fourth with some solid hitting and a beautiful sacrifice bunt that set up their only two runs. Puklics drove in both runs with a line drive single.

The team improved as the game progressed. After some errors in the first two innings, they settled down to a good defensive game. Setting an example that may have helped calm them down was short-stop Staci Miller, who turned several excellent plays. She may have inspired leftfielder Janina Dobberkau, a marketing student at Conestoga who is from Germany. Dobberkau made two excellent catches later in the game.

Day did not seem upset as the game wound down to its inevitable conclusion. In fact, she said she was proud of her team.

"They haven't given up," she said. "We're in the seventh inning against Durham, who is undefeated so far this year in the league. We got two earned runs off them."

"They've come a long way since last year," said Durham head coach Jim Nemish, referring to the Condors. "They're young and I think with a little bit of work they can be a force in the league."



CONESTOGA
STUDENTS INC



HALLOWEEN BASH

THURSDAY
OCT. 28TH

WHEN: 9:00 PM - 1:00 AM
WHERE: SANCTUARY

BUY TICKETS IN THE
CSI SELF SERVE AREA,
ROOM 2A108

GARANTEED ENTRANCE BEFORE
11PM FOR TICKET HOLDERS,
AFTER WHICH TICKETS MAY BE
BOUGHT AT THE DOORS

ALL AGES FOR CONESTOGA STUDENTS ONLY (SUBJECT TO CSI POLICY) CONESTOGA STUDENTS MUST SHOW STUDENT CARD
PROOF OF AGE OF MAJORITY REQUIRED ALL CSI LICENSED EVENTS ARE SUBJECT TO SMART SERVE REGULATIONS.
SEARCH BEFORE ADMITTANCE AND NO RE-ENTRY POLICIES IN EFFECT. NO OUTSIDE FOOD OR DRINK ALLOWED.